

# The Effectiveness of a Structured Teaching Plan for Mental Health and Behavioral Knowledge Among Undergraduate Nursing Students at Tirunelveli University

Pavitra Bhusaraddi<sup>1</sup>, Ashok Kusagur<sup>2</sup>

<sup>1</sup>PhD Scholar, Department of Child Health Nursing, Malwanchal University, Indore, M. P, India

<sup>2</sup>Ph. D, Department of Child Health Nursing, Malwanchal University, Indore, M. P, India

**Abstract:** *The study on “EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENTAL HEALTH ACT AMONG B. Sc NURSING STUDENTS IN SELECTED COLLEGE AT TIRUNELVELI” was undertaken* **Objectives:** *To assess knowledge among mental health act before the structured teaching programme. To evaluate the effectiveness of structured teaching programme (STP) on knowledge of B. Sc Nursing students regarding mental health act. Determine the association between knowledge among B. Sc Nursing students with selected socio demographic variables. Conceptual framework: The study was based on Imogine King’s goal attainment theory. Design: Evaluatory approach and pre - experimental design was adopted for this study. Setting: The study was conducted at selected nursing college at Tirunelveli. Sample size: The sample size was 30 B. Sc Nursing students. Methods of data collection procedure: Data was collected from B. Sc Nursing students to assess level of knowledge by using structured tool before and after structured teaching programme. After administration of structured teaching programme the level of knowledge is assessed. The collected data were tabulated and analyzed by descriptive and inferential statistics. Results: Structured teaching programme is effective of B. Sc Nursing students according to level of knowledge before and after the manipulation in which (41.67%) of the samples had showed inadequate levels of knowledge in pretest. In contrast, (70%) of the samples experienced adequate levels of knowledge in the post test. The mean post test knowledge score (17.62) was greater than the mean pretest level of knowledge score (9.52). The obtained t - value (14.33) was statistically highly significant at 0.05 levels. The mean difference between pretest score and posttest score is 8.1 was significant at 5% level as the (\* $p < 0.05$ ). Conclusion: The association of pre and post test level of knowledge after the structured teaching programme the B. Sc Nursing students adequate.*

**Keywords:** Mental health act, structured teaching programme, knowledge assessment, B. Sc Nursing students, effectiveness

## 1. Introduction

“Mental illness is nothing to be ashamed of but stigma and bias shame us all”

- BILLCLINTON

Universal declaration of human rights states that everyone has the right to a standard of living, adequate for the health and wellbeing of himself and of his family including food, clothing, housing and well being of himself and of his family and the right to security in the event of unemployment, sickness, disability or other lack of livelihood in circumstances beyond his control. Everyone has the basic human rights including those who are mentally ill. Mentally ill persons are one of the most vulnerable groups in society. It is the responsibility of the health care providers specially those working in psychiatric set up to protect their human rights. In order to do so the health personnel mainly the psychiatric nurse must be aware of human rights of mentally ill patient incidence of violation of rights mentally ill patients can be avoided if the nurse becomes aware of them.

World Health Organization had chose the theme on mental health “Stop exclusion dare to care” to focus worldwide attention on the issues related to mental health. For long the mentally ill were considered to be possessed by devils patients were locked up in jail – like building far removed

from the centre of population alienated from the rest of society. As a psychiatric nurse we have to understand someone who is suffering from a mental illness rather than a physical health problem.

Poor knowledge among mental health act among medical person as well as with other people is an important issue. This will help a student nurse to understand that the mentally ill individuals should be treated like any other sick persons and the environment around them made as normal as possible. It helps enhance the latest scientific knowledge and social concept. The nurse should be well versed in legal aspect of care and treatment of the mentally ill. This study helps her to guide the patients and relatives in matter related to rights of patients. The legal and ethical concept of care is important for all psychiatric nurses because it focuses concern on the rights of patients and the quality of care they receive. The knowledge of legal aspect enhances the freedom of both the nurse and the patient informs their ethical decision making and ultimately results in better care. This motivated the researches to pursue the current study.

## 2. Objectives

- 1) To assess knowledge among B. Sc Nursing students regarding mental health act before the structured teaching programme.

- 2) To evaluate the effectiveness of the structured teaching programme (STP) on knowledge of B. Sc Nursing students regarding Mental health act before the structured teaching programme.
- 3) To determine the association between knowledge among B. Sc Nursing students with selected demographic variables.

#### Hypothesis:

**H1:** There will be a significant difference between the pre - test and post - test level knowledge scores among B. Sc Nursing students regarding Mental health act.

**H2:** There will be a significant association between level of knowledge of B. Sc Nursing students and selected socio - demographic variables.

### 3. Research Methodology

An evaluator research approach was adopted for the study. One group pretest and posttest pre - experimental research design was selected. The study was conducted in selected Nursing college at Tirunelveli. Population consist of B. Sc Nursing students. The sample size was 30 B. Sc Nursing students studying in the selected Nursing college who fulfilled the inclusion criteria were chosen using simple random sampling technique. The tool used for the study was semi - structured questionnaires which consist of 20 questions regarding mental health act. The structured teaching programme were includes videos and distributing pamphlets. It was scored on 1 - point for correct and 0 - point for wrong answer. After obtaining consent from the students, the data collection procedure was started by providing questionnaire.

### 4. Result and Discussion

The data collected was analysed using both descriptive and inferential statistics on the basis of objectives and hypothesis. The demographic variables of the students revealed that equal participants are in the age group of 19 and 20years. Majority (60%) of clients were Hindus. Most of the participants (83.33%) were staying in nuclear family. Majority (35%) of the participants had no source of information regarding mental health act.

**The first objective was to assess the level of knowledge of B. Sc Nursing students regarding Mental health act before the structured teaching programme.**

This study shows that in pre test out of 30 mothers majority (58.33%) had average knowledge on mental health act. Nobody had adequate knowledge on mental health act.

**The second objectives to evaluate the effectiveness of structured teaching programme on B. Sc Nursing students regarding Mental health act before the structured teaching programme.**

The study result shows that the total mean knowledge score is increased by 33.75% with mean and SD of 8.1+ 0.44 after the administration of structured teaching programme. The calculated 't' value (14.33,  $p < 0.05$ ) in knowledge aspect was greater than the table value (1.67) at 0.05 level of

significance. Therefore the null hypothesis was rejected and the research hypothesis was accepted.

**The third objectives to determine the association between pre - test knowledge score of B. Sc nursing students regarding mental health act with selected demographic variables.**

There was no significant association between the knowledge and the demographic variables except for previous sources of information were significant association was found between the knowledge. The null hypothesis was accepted.

### 5. Conclusion

This study was undertaken to determine the effectiveness of structured teaching programme on knowledge regarding mental health act among B. Sc nursing students in selected Nursing college. The assessment of the knowledge among B. Sc nursing students regarding mental health act be revealed that majority (58.33%) of the students had average knowledge and (41.67%) had inadequate knowledge, Nobody had adequate knowledge. The pre test mean was 9.52 with that of SD + 3.15 and post test mean was 17.62 with that of SD+ 3.59. The pre test knowledge level of III year B. Sc nursing students was average 58.33%, 41.67% inadequate and 0% adequate and post test knowledge level 30% average, 70% adequate and 0% inadequate knowledge, The mean post test knowledge score (17.62) was greater than the mean pretest level of knowledge score (9.52). The obtained t - value was statistically highly significant at 0.05 levels. The mean difference between pretest score and post test score is 8.1 was significant at 5% level as the ( $*p < 0.05$ ).

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